



The Monitor

THE NEWSLETTER OF THE NEWFOUND LAKE REGION ASSOCIATION

Protect Your Property – Be a Newfound Water Watchdog!

Storm water pollution is the biggest threat to the Newfound watershed's pristine water quality. Stormwater impacts also tend to accumulate over time, reaching a point of no return when high quality water is lost forever. Of course, events such as Irene bring sudden and catastrophic changes to our landscape, such as floods that wash away roads, inundate property and contaminate the Lake (see Herb D'Arcy's article on page 3).

Because stormwater is everywhere, controlling its damage requires dispersed solutions. Thus, if everyone controls their own stormwater, we can solve watershed-scale problems. Of more personal interest, we can retain the water for our lawns and gardens and to protect our drinking water supply, all at little or no cost.

Newfound Water Watchdogs are people who take simple steps to stop stormwater by helping it soak in to the ground. A simple, effective and attractive approach is to construct a rain garden that captures run off from your driveway, patio, roof or lawn. A rain garden is no more than a garden built in a shallow depression placed to intercept stormwater runoff. The plants flourish, the storm-



NLRA's rain garden at 800 Lake Street in Bristol

water infiltrates, and your lawn gains an attractive, durable and low-maintenance landscape feature (see NLRA's rain garden at 800 Lake St. in Bristol).

The NLRA is launching our watershed-wide initiative to recruit 25 Water Watchdogs in 2012. We are developing on-line resources that include clear and concise "how-to" guides for Best Management Practices (BMPs) that home-

owners can use to control stormwater. We are preparing to launch our Water Watchdog web site that will allow you to report your project's success and share your story with neighbors and friends. In addition to interested individuals, we will be working with four towns, four summer camps and one of the largest Newfound homeowner associations to

Continued on page 6

From the Executive Director



In the previous issue of *The Monitor*, I shared my belief in ambitious goals to protect Newfound's unique beauty. Amidst the hectic yet familiar activities of summer, a guiding question has been evolving – what can the NLRA do to best accomplish our mission? Answering this question will add clarity of purpose to ensure mission success, while making it easier to communicate the value of our work.

Some major threats to the Newfound include stormwater runoff from paved and unpaved roads, forest operations and residential developments; runoff from properties that abut Newfound Lake and its tributaries; and a general lack of land-use management knowledge and tools that promote sustainable development at the watershed scale. The NLRA can and does address these issues at the watershed, municipal and individual level. We depend on your continued financial commitment and volunteer participation to meet our common goals.

With heartfelt thanks for a great summer, and best wishes for the upcoming season, we hope that the NLRA will remain an organization that you are proud to be part of.

See you around the watershed! — *Boyd Smith, Director*

...a guiding question has been evolving – what can the NLRA do to best accomplish our mission?

President's Message

As the new president of NLRA, I am looking forward to working with the Trustees, volunteers, members and staff to continue bringing the NLRA mission to life for all of us who love Newfound Lake and its surroundings. We welcome our three newest Trustees, Trish Connolly, Andy Connolly and Jennifer Berry while saying farewell to Trustees Bill Fay and Noah Munroe and thanking them for their service and

continuing membership and support.

This fall we'll be reaching out to you during our annual fund campaign and we have some very exciting initiatives to share with you in the coming weeks and months. My focus as President will be on expanding membership in NLRA and ensuring that our educational mission is enhanced through more programs and information about how to be an effective steward of the Lake and its watershed.

You'll be hearing more from us about the "Water Watchdog" program, which involves simple, easy to implement steps to help manage property to decrease the impact of storm water runoff into the Lake, as well as other informative and helpful resources.

I am looking forward to working together with you to keep Newfound Lake and its watershed healthy for future generations! — *Rosemary D'Arcy, President*



The Monitor is a publication of the Newfound Lake Region Association.

NLRA Officers and Executive Committee Members: Rosemary D'Arcy, *President*;

Ken Weidman, *Treasurer*; Helga Stamp, *Secretary*; Jan Collins, *at-large*

Trustees: Jennifer Berry, Andy Connolly, Trish Connolly, Ed McNierney, Laura Moore, Rob Moore, Greg Wagner

Staff: Boyd Smith, *Executive Director*; Nikki Wooster-Goodwin, *Program Director*;

Karen Boyd, *Volunteer Membership Coordinator*

NEWFOUND LAKE REGION ASSOCIATION

800 Lake St. Bristol, NH 03222 P: 603-744-8689 info@newfoundlake.org

What Happened When Irene Came to Town

By Herb D'Arcy

By August 23, 2011, various weather services were plotting Hurricane Irene to track over New England on August 28th. The only questions were the exact storm path and its level of wind and rain intensity when it arrived. The certainty was that it would be a major rain event for a significant part of the New England area.

Anticipating significant rainfall, the NH Department of Environmental Services (DES), Dams Division increased the discharge rate at the Newfound River dam from approximately 80 cubic feet per second (CFS) to 700 CFS on August 24. Concerned that faster drawdown was required, Representative Jeff Shackett and I separately contacted DES to increase the drawdown rate. The DES responded quickly, increasing the flow to 1000+ CFS by the afternoon of August 26, dropping the lake level 1.5 feet in three days. During nine hours after the main part of the storm passed, the lake rose two feet and the discharge rate at the dam peaked at 1800 CFS, but the flooding disasters that occurred in many surrounding areas were averted.

Tropical Storm Irene passed directly over the lake at 7:00 pm on August 28, causing my old barometer to read 28.7 inches – the lowest in 24 years. A little over six inches of rain collected in my gauge, with local readings ranging from 4.2 to 8 inches, all in little more than 24 hours. While overall property damage was minimal and no flooding occurred on the lake shore, the pristine water of Newfound Lake was not so lucky.

Several NLRA Water Quality Monitors were out on the lake by Tuesday, August 30, finding that major loads of silt and debris had flowed into every area of the lake. Secchi Disc measurements of



Pemigewasset River at the Ayers Island hydroelectric dam in Bristol, two days after Irene.

water clarity indicated visibility of 2 meters (approx. 6 ft.) or less. Normal clarity in late August is 7 to 9 meters (22 to 29 ft.). In 26 years of water quality testing, consistent 2 meter readings throughout the entire lake are unprecedented. Wash-outs of several roads in the water shed and ongoing development on hillsides were probably major contributing factors.

Clarity testing is ongoing. As of September 17, some readings have increased to nearly 6 meters (20 ft.). Other readings remain at 4.5 meters (14.5ft.). Recovery has been slow, but fortunately we have not had any big rain storms to date.

During nine hours after the main part of the storm passed, the lake rose two feet and the discharge rate at the dam peaked at 1800 CFS, but the flooding disasters that occurred in many surrounding areas were averted.

Despite concerted efforts to control lake levels and avoid flooding and other damage from Irene, the effects of the hurricane on water clarity and possibly water quality are considerable. With consistent monitoring we hope to report continuing improvement in both clarity and quality as Newfound Lake struggles to restore itself once again.

(Ed. Note: Herb is a dedicated Water Quality Monitor, Weed Watcher and long-time NLRA member. We greatly appreciate his commitment to water quality monitoring and for preparing this report).

Programs

Nikki Wooster-Goodwin, Program Director

Lake Host Season Sets Records for Success!

The leaves have started to change and our Lake Hosting season has come to an end, but what an amazing summer it has been. From Memorial Day until Labor Day, Lake Hosts monitored the Wellington State Park boat ramp for nearly 800 hours and inspected 3,281 boats. Exotic milfoil was saved from a trailer on June 24th of this year so yet again; we can see that Lake Hosting makes an extremely important difference!

Lake Hosts educate the boating community on the dangers of spreading invasive species. Should species such as exotic milfoil, fanwort or zebra mussels enter our pristine lake, we would see drastic changes in the quality of Newfound's water and our local economy would suffer. Thanks to the funding from several of our local towns, our 2011 ramp hours increased, so please continue to support this extremely important program at budget time and Town Meeting. If you are interested in becoming a Lake Host, call Nikki at 744-8689.



Eco-touring with members and friends of the Bridgewater Hill Association

Lake Lay Monitors – 26th Consecutive Season!

For those who participate as Lake Monitors, you know how very interesting it can be to retrieve data from an ever-changing lake and September was no exception! Thanks to Hurricane Irene,

our volunteers have been extra busy at their test sites. Their readings have been off of the charts as far as diminished clarity (see Herb's article on page 3). As many of you witnessed, clarity diminishes when storms such as Irene blow into town. Water pours into our lake at such a rapid rate that Newfound becomes overwhelmed with increased levels of sediment, phosphorous and minerals. With the help of our Lake Monitors, we have been able to obtain Secchi disk readings throughout the lake. The lake is slowly and naturally recovering and thanks to our Lake Monitors, we have the ability to witness and understand the impacts of major rainfall events. For those who would like to try your hand at Lake Monitoring, please call. The training is free and the knowledge is priceless!



Calm and quiet in October, looking north from Wellington Point

Programs

Newfound Eco-Tours - A Beautiful Second Season!

The sun was shining, the water crystal clear, and the view of the mountains was postcard perfect. Guess where we were? On the Newfound Eco-Tours pontoon boat with 343 others who experienced a boat's eye view of the Watershed! Thank you so much for 36 glorious tours with some of the best weather we have seen in ages! Our tour guides and

boat captains had just as much fun as our participants and we look forward to an even busier 2012 season!

Very special thanks to Greg Wagner (owner of West Shore Marine and NLRA Trustee) for consistently supporting this program with free service, patience and good humor! Kate Mausolf, Jan Connor, Andy Connolly and Ken Chorney deserve recognition for crewing Eco-Tours to success. Thanks to Tyler and Kiernan of Audubon Paradise Point for all your help and collaboration, and to NH Audubon for letting us dock the NLRA *Madelaine* at Paradise Point. See you all next year!



Captain Jan Connor assisting Newfound Eco-Tour guests with deep-water sampling

Stream Monitors and Lake Lay Monitors work together!

Lake and Stream Monitors are extended family members because they both retrieve valuable information but in two different ways. While Lake Monitors are busy gathering data from sites on the lake, Stream Monitors test water that enters Newfound. Stream data can be correlated to land use that effects nutrient, silt and debris loads entering Newfound. Both Lake and Stream Monitors guard our lake by diligently watching for changes.

Thanks to our technical guru Bob Craycraft (UNH Center for Freshwater Biology) and the growing team of volunteer monitors, we gain knowledge of what readings are "normal" for Newfound and what readings are causes for concern. If you think Stream Monitoring might be something you would like to try, please take that next step and call me at 744-8689. You can make a difference investigating a stream right in your own back yard!

Weed Watchers Watching!

Weed Watchers monitor and record the distribution, density and species of plant beds as they migrate throughout the waters of our local lakes. Finding exotic plants early can lead to successful management and containment. Our local volunteers have done a splendid job this

year patrolling Newfound Lake and reporting their observations. Weed Watchers also investigate sightings of possible infestations. We received several calls from concerned citizens this summer who thought they might have discovered

exotic milfoil in Newfound Lake. I am happy to say that with the help of both our Weed Watchers and the NHDES, those fears were allayed. Thanks to all and may you enjoy a beautiful fall and winter season in the Newfound watershed!

Annual Meeting and 40th Anniversary Celebration

Forty years after registering with the State as an organization committed to protecting Newfound's pristine water and forests, over eighty members of the Newfound Lake Region Association (NLRA) gathered at the Bridgewater Town Hall on August 6th to celebrate success, renew acquaintances and look forward to the next forty years.

During a hearty and delicious brunch catered by Cornucopia Bakery of Bristol and personally funded by our Trustees, attendees shared cherished memories with friends both old and new. The rejuvenating power of Newfound's serenity and beauty, recognized across generations of visitors and residents, was a common thread of conversation. The desire to maintain this natural treasure was clear and heart-felt.

After brunch, local Renaissance Man Peter Brown led a troupe of volunteers in a modified version of the tale "Who Killed Cock Robin". This fable delivers the message about roles we play in shap-



Chief sparrow Peter Brown and his assistants show that protecting what you love is a lot of fun.

ing the world around us. In the end, as symbolized by the backward-facing arrow of Sparrow Neal Peirce, we are all responsible for the health of our environment.

Before the meeting adjourned, officers were elected for the upcoming year. Ken Weidman (Treasurer) and Helga Stamp (Secretary) generously offered to continue for another term, while Rosemary D'Arcy was elected President, allowing

Jan Collins to step down after two fruitful years at the helm.

Thanks to all who came to this year's annual meeting and to those who have helped make the NLRA one of the best watershed protection organizations in New Hampshire. A special "thank you" to the Town of Bridgewater for donating their lovely Town Hall for this and many other NLRA gatherings.

Calendar

We will post upcoming Calendar Events at NewfoundLake.org and [Facebook/NewfoundLake](https://www.facebook.com/NewfoundLake), as well as in the Newfound Watershed eNews. Sign up for eNews @ NewfoundLake.org

Water Watchdogs, cont'd from page 1

incorporate BMPs into their land-use planning and educational programs.

Being a Water Watchdog will not only help you conserve your own natural resources, it will be an experience that demonstrates how simple it is to balance development with conservation. Check the link below for more information, and keep your ears up for the launch of our Water Watchdog web site. Of course, give us a "woof" at 744-8689 or Info@NewfoundLake.org anytime you want to know more about becoming a Newfound Water Watchdog!

<http://newfoundlake.org/watershedmasterplan/waterwatchdog.htm>

Membership

Annual Membership Drive... When do I Contribute and Why?

You will soon be receiving a letter from NLRA asking that you make a donation to our Annual Fund. We know some people will see the letter and say “Didn’t I give or join earlier in the year?” All non-profit organizations need money to operate and the NLRA is no exception. Volunteers are our life blood, but without staff to develop, coordinate and implement programs for volunteers to participate in, we would not be able to sustain our efforts.

Each spring, NLRA reaches out to our members to renew your membership. We also recruit new members at every opportunity, year ‘round. Average membership contributions are over \$100/year from roughly 450 non-business members, providing roughly one-third of our annual operating revenue. However, membership alone is not enough to maintain our ability to deliver on our mission of “education, conservation and stewardship” of Newfound Lake and its watershed.

So each fall we reach out again for member support during our Annual Fund campaign, which raises slightly more than one-third of our operating revenue from a little over one-third of our members. In combination with Membership and grant funding, Annual Fund revenues allow us to deliver important services, including the following:

- The Lake Host program to prevent invasive species of plants like exotic milfoil from entering Newfound Lake on the trailers and hulls of boats visiting the Lake in the spring, summer and fall.
- Water Quality Monitoring programs that measure the clarity and concentrations of nutrients, sediment, algae and phosphorus in the Lake and its tributaries.
- The Weed Watching program to

identify and address weeds both exotic and native in vulnerable areas of the Lake.

- Public educational events and activities such as Newfound Eco-Tours, the Naturally Newfound Fair, WinterFest and presentations to local towns, students, businesses and homeowner associations.

- Land conservation outreach and education, and facilitating strategic land conservation.

- The Water Watchdog program to help land owners on and near the Lake use “best management practices” to prevent stormwater from damaging water quality, water supply and property values.

- Manage and implement Every Acre Counts, the multi-year, federally-funded watershed management plan designed to protect the water quality of Newfound

Lake and its 63,150-acre, nine-town watershed.

In addition to all of these programs and much more, the NLRA is an important resource for residents and visitors about where to go and what to do if an issue of land or water quality, preservation and conservation comes up.

When should you contribute? We hope you will renew your membership and recruit at least one new member during the spring membership drive while joining your fellow members that make a meaningful, year-end contribution during the fall Annual Fund campaign. With your support, we can continue to make real progress towards a Newfound that remains a special place for youthful rejuvenation and family memories.

The NLRA is able to receive gifts of stock, and also welcomes contributions included as a part of your estate planning. All contributions are tax deductible to the full extent of the law.

“Jinga and I have supported the NLRA for the past 40 years and want that support to continue after our Trusts terminate. To do this, we have made a bequest, to be invested in the NLRA Endowment, with interest on the earnings to be used at the discretion of the Trustees”.

—T. Holmes (Bud) and Norma Jean (Jinga) Moore

“You may want to join many of our supporters who have taken advantage of the benefits of making a gift of appreciated stock. Giving pre-tax profits is less costly to you than giving from already-taxed income, and may result in a greater potential gift to NLRA! We both win, and it’s easy to do. Just give us a call.”

—Anonymous NLRA member



The Monitor

Non-Profit
Organization
US Postage
PAID
Keene, NH 03431
Permit No. 142

Newfound Lake Region Association
800 Lake St. • Bristol, New Hampshire 03222
Telephone and facsimile: 603-744-8689
info@Newfoundlake.org

Change Service Requested

Visit www.Newfoundlake.org or
Facebook/Newfoundlake for
news and upcoming workshops.

Printed on recycled paper.

Helen Gemmill – Newfound Watershed

Excerpted from a *Plymouth Record-Enterprise* article by Marcia Morris

In honor of her father, former Camp Pasquaney Director John Gemmill, Warwick Foundation Trustee Helen Gemmill announced a gift of \$750,000 to assist land conservation initiatives in the Newfound watershed. Helen told a gathering of friends that as a child she and her father spent many summers exploring the woods around Camp Pasquaney and absorbing the beauty of Newfound Lake. The purpose of the gift is "...to incentivize additional land conservation work in this watershed and amplify the reach and leverage of the great environmental work already being done here to ensure a clean lake and healthy hillsides for many generations to come," Helen explained.

The gift will focus on education, outreach and fund development efforts. It will support staff time to coordinate land conservation as well as create a transaction fund to "grease the wheels" of land



Watershed protector Helen Gemmill, flanked by friends Vin Broderick (l.) and Dick Beyer (r.)

conservation initiatives by helping to cover costs such as surveys, appraisals, stewardship and legal fees.

NLRA member and Newfound Land Conservation Partnership member Dick Beyer, a former colleague and friend of John Gemmill, remembered John's "model of service to the community" and many contributions to conservation efforts in the Newfound region. He out-

lined recent progress by the partnership of the Newfound Lake Region Association, The Society for the Protection of New Hampshire Forests, and the Lakes Region Conservation Trust to build relationships with landowners and provide education about land conservation options. According to Beyer, these efforts, aided immeasurably by the gift from the Gemmill family, will result in conservation projects protecting up to 3,000 acres in the years ahead.

Helen closed the official ceremonies with a brief excerpt from a sermon her father delivered in 1977 on the topic of loyalty. She said it was his keen hope that others would "find great solace and inspiration" here at Newfound, where, "removed from the pressures and confusions of the contemporary world, we have an opportunity to listen to our best selves..."

And so we shall.